Purpose: This assignment acquaints you with how research is presented in a scientific article, and asks you to provide a summary of a research study with the goal that someone who has not read the article itself would be able to understand the major points of the study from your summary. In the course of this research methods class, you will need to read, understand, and integrate articles related to your research topic into the introduction you will be writing for your final paper. You will also have to present your research and results in APA style similar to these articles. Later in life if you do become a psychologist, being able to read and process scientific articles will aid you in understanding and evaluating the literature in your field.

Article selection: You may choose one of the articles listed below. Both are available on our class website in the Readings Module.

1. Kushlev and Dunn (2014)- Checking email less frequently reduces stress.

Content: In essay format, your article summary should describe the following key points of the research (1 point each except where indicated):

1. **(2 points)** What question were the authors investigating in the study? What did the authors predict? (i.e., what was the hypothesis?)
2. What was the nature of the method used (e.g. experimental, descriptive, archival, etc.)?
3. Was random selection and/or random assignment used?
4. Who were the participants? Did they have any special characteristics?
5. **(2 points)** Describe the theoretical and/or operational definitions of the variables.
6. **(2 points)** What was the procedure? (i.e., what was done)
7. What were the major results? (i.e., what was found)
8. **(2 points)** How did the experimenters interpret the results? What are the implications, how are the findings relevant?

At the end of your paper, please provide a full citation of the study you are summarizing in APA format.

Formatting: Please use 12 pt Times font, 1.5 or double-spaced, and **no longer than 1.5 pages in length**. Margins should be one inch on all sides. Please include a header with your name, the date, and ‘Article Summary’ at the top (you may use Header in Word to do this).

Grading: The assignment is worth a total of 15 points. Clearly addressing each of the sub-points above is worth one point unless otherwise stated. Three additional points comprise your “style” grade; it encompasses such aspects as correct APA citations (in-text and your full citation at the end), correct grammar and clear organization and expression. You can see the rubric in Canvas that will be used for the assignment. Papers submitted late will lose 3 points per day (including non-class days).

**Your assignment must be turned in to the Canvas dropbox by 12:45 on January 23.**
Tips for writing your assignment:

1. Your audience is another intelligent adult who has taken introductory psychology. S/he is interested, but not familiar with the topic. Assume your audience is familiar with general psychology or research terms, but make sure to define any terms that someone unfamiliar with this specific line of research might not understand.

2. Make sure to introduce the study with the authors’ names (in the order they are listed on the article) and the year. See the handout “Citing in APA” in the Readings Module for help with both in-text and full citations.

3. Clearly address each point under “Content”. However, your audience wants to read a narrative, not a point-by-point list. Hint: Thoroughly answer all of the questions in complete sentences and then weave your answers into a clear narrative.

4. When writing about past research, methods and results will be in the past tense. Theories and hypotheses may be stated in the present tense.

5. The writing must be your own. Avoid using quotations from the authors.

6. Please be concise (really concise papers should be no longer than 1.25 pages).

7. Don’t become bogged down with statistics you don’t yet know. You don’t need to provide any stats in your summary, just the gist of the results.

Help: There are several handouts in the Readings Module that I recommend reading to help you with this assignment: “Style Points for Scientific Writing”, “Summarizing a Research Article”, and “Citing in APA”. These are all from the UW Psychology Writing Center, and their site is also linked in the readings folder if you want more supplements. I have also provided a sample article summary based on the Middlemist et al. paper. If you want extra help, please make an appointment with Melissa or Laurel.